



Get Active Your Body Needs You!: Simple and Easy Step by Step Guide to Better Health and Fitness (Paperback)

By Bob Lloyd

Evolve Global Publishing, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you re inactive, chances are you re overweight, tired all the time, and in poor health.which puts you at risk of contracting cancer, diabetes, heart disease or high blood pressure. But the very thought of changing your lifestyle to become a more active person can be daunting, to say the least. Until now. Allow Bob Lloyd to show you how easy it can be. His simple, step-by-step guide will get you feeling fit, strong and energized in as little as three months with just 30 minutes a day. is all it takes! Get Active is an entertaining, eye-opening read. Bob s words of wisdom will cause you to reconsider all the pre-conceived notions you have about exercise and you ll find yourself re-evaluating, re-examining and re-thinking your life. Don t hesitate. This is the golden opportunity you ve been waiting for. Get ready to turn your life around with Get Active! About Bob The Boss Lloyd International #1 selling author Robert John Lloyd has always been passionate about sports and fitness. Growing up in Sydney, Australia, his interests included Rugby League,...



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Reviews

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-- **Loyal Grady**

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Cambridge University Press, 2014. UNK. Book Condition: New. New Book. Shipped from US within 10 to 14 business days. Established seller since 2000.



Anything You Want: 40 Lessons for a New Kind of Entrepreneur

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Anything You Want: 40 Lessons for a New Kind of Entrepreneur, Derek Sivers, Anything You Want is Derek Sivers' iconic manifesto on lessons learned while becoming an entrepreneur. You don't need a visionary...



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



A Little Wisdom for Growing Up: From Father to Son

Wipf Stock Publishers, United States, 2007. Paperback. Book Condition: New. 193 x 119 mm. Language: English . Brand New Book ***** Print on Demand *****.Description: A Little Wisdom for Growing Up is an ancient form of storytelling, of passing on wisdom between...



Christian Children Growing Up in God s Galaxies: Bible Bedtime Tales from the Blue Beyond

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Christian Children Growing up in God s Galaxies is a group of ten children s stories, set on far off...



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...